Vancouver metro

Your essential daily news | WEEKEND, JULY 24-26, 2015

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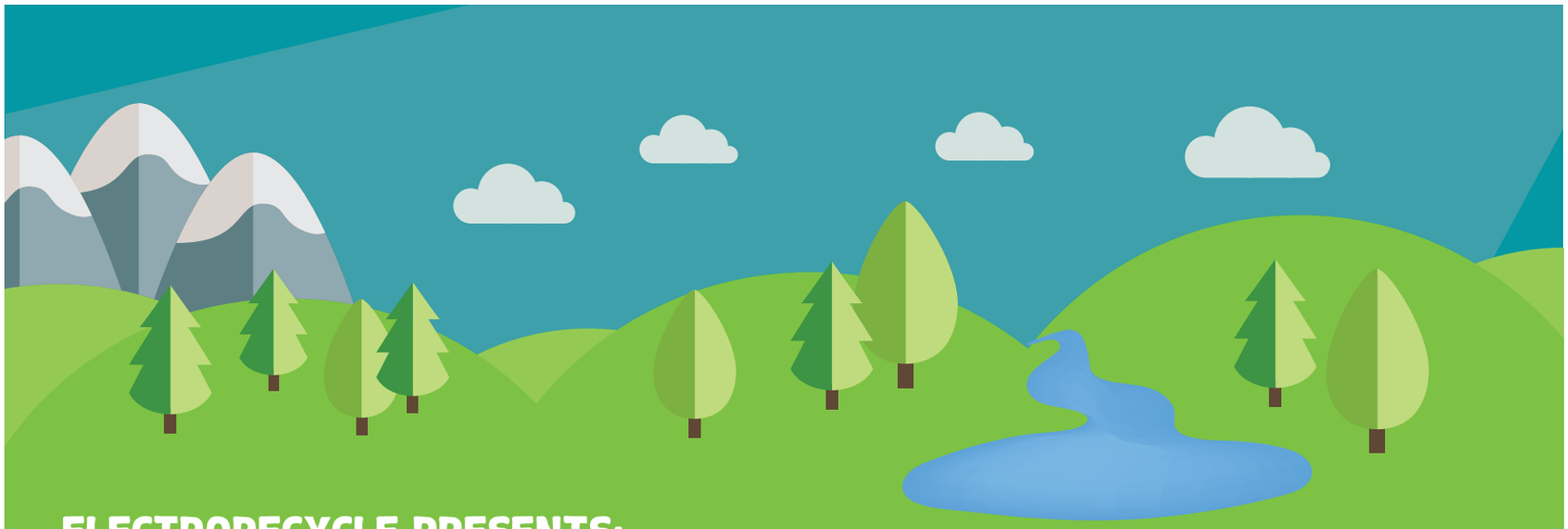

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SMULDERING ON-SCREEN

TALKING UNWANTED PREGNANCY (IN FILM) metroLIFE

Vancouver metro

Your essential daily news | WEEKEND, JULY 24-26, 2015 | High 17°C/Low 14°C Rain, rain ...

EARTH'S COUSIN FOUND metroNEWS

Child at gunpoint

HOME INVASION

Two robbers threaten girl, 7, send adult to hospital: Police

Matt Kieltyka
Metro | Vancouver

A distraught seven-year-old girl had a gun pointed at her before handing over a jar of coins to intruders during a recent home invasion in Vancouver.

Vancouver police say the girl, and her family, won't soon get over the trauma of the violent armed robbery, in which two men forced their way into a home in the 3300 block of Dieppe Street in East Vancouver on June 17, stole a number of valuables and sent a man to hospital with head injuries.

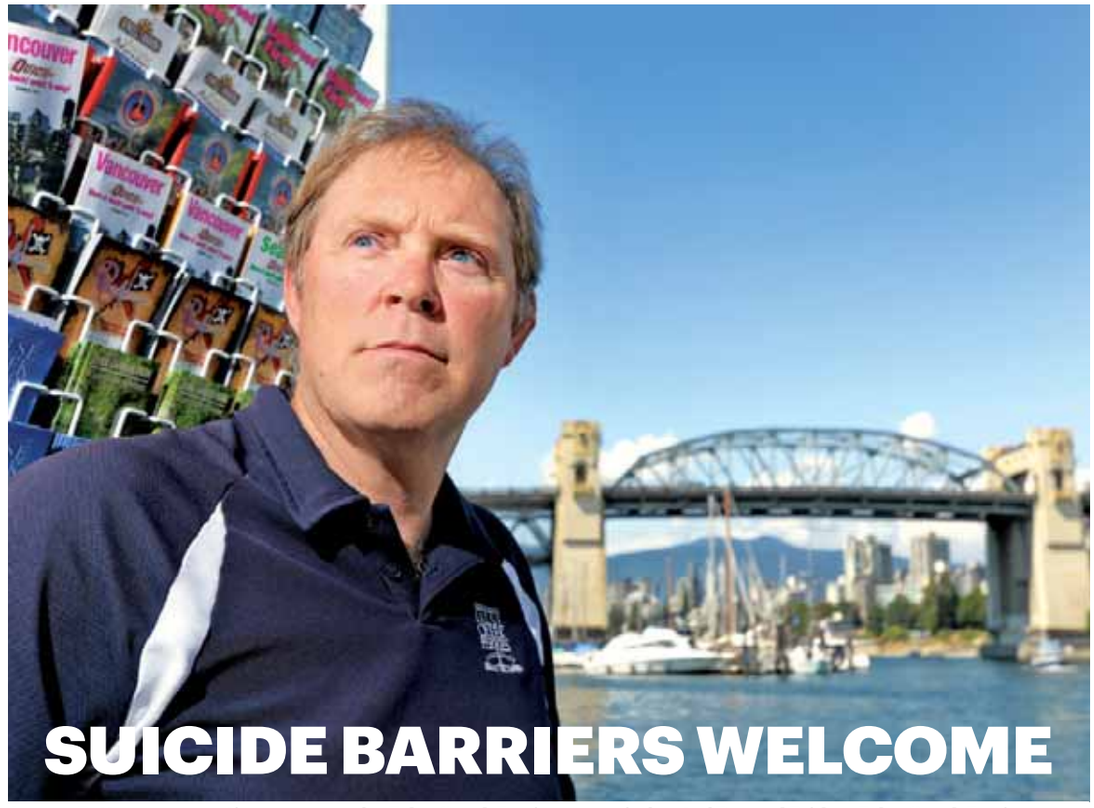
"You can only imagine what kind of impact this will have on this young girl," said Sgt. Randy Fincham. "It's not something this family will ever forget. This is a family with a young child who was victimized by two people who broke in and pointed a gun at the young child."

As the home invasion was happening, the young girl entered the same room as the suspect.

"One of the two robbers turned his attention at the young girl and demanded money from the young girl," said Fincham. "The only money she knew of was in the jar. She gave it to them hoping these guys would take the jar and go (away)."

But the robbery continued until the men had stolen several items, including a rare Rolex Yachtmaster II watch, and physically assaulted one of the men.

Fincham said there is nothing in the family's background to "cause concern" or help investigators understand why this family was targeted.



SUICIDE BARRIERS WELCOME

Jeremy Patterson, operations manager for False Creek Ferries, poses in front of Burrard Bridge. False Creek Ferries supports controversial suicide prevention measures on the bridge. See coverage, metroNEWS. JENNIFER GAUTHIER/METRO

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metro NEWS
Your essential daily news

Spain raises minimum marriage age from 14 to 16.

‘She was crying’: Beached orca saved on B.C. coast

MARINE LIFE

Researchers and volunteers aid animal for seven hours

Thandi Fletcher
Metro | Vancouver

As Hermann Meuter poured buckets of seawater over a stranded orca to try to keep her alive, the helpless animal started to cry, he said.

The transient female adult orca had somehow beached herself early Wednesday, likely while hunting seals, and was stranded on the rocks of Hartley Bay on B.C.’s northern coast. A researcher on a boat happened to spot her and called Meuter, who runs the nearby Cetacean Lab research facility.

“It was very emotional because you know that she was crying for her family,” Meuter said. “The rest of her pod was so close by that her mom would navigate the rock where she was on quite regularly.

“They are very social creatures. If you hear it in the water, it’s very beautiful, but if you hear it in a stressful situation like the whale was in, it’s very emotional.”

For seven hours on Wednesday, a team of volunteers, including members of the World Wildlife Fund, First Nations Guardians and other researchers, worked to keep the distressed marine mammal alive until the tide came back in.

Volunteers help keep a beached orca alive in Hartley Bay on Wednesday. COURTESY HERMANN MEUTER

When they reached the orca, Meuter said, the tide was already receding, and it was too dangerous to try to get her back into the water.

As the first on the scene, Meuter said, he slowly approached the cetacean to try not to startle her. With the full weight of her body weighing her down on the sharp rocks, he said her breathing was rapid. Once he started pouring water down her body, however, he said she appeared to calm down.

“I think she knew that we were there to help her,” he said. “You just get this feeling because she was calm, her breathing was regular, and she basically endured it.”

At first, Meuter said he was the only rescuer pouring water on the orca as they tried to avoid overwhelming her.

The weather, which was cool and overcast, was at first on their side. Later, however, the sun came out, and more volunteers needed to move in and help keep her skin cool and wet. They covered her body with wet sheets and blankets and built a makeshift pump to keep the water continuously flowing.

Except for a few cuts on her tail and pectorals, the orca was not seriously injured, Meuter said.

When the tide eventually rose again, Meuter said the group moved to higher ground to give her space and let her try to leave on her own.

“It was incredible to see how careful and how calm she was to negotiate herself out of the situation,” he said. “She was very calm, very patient.”

Around 4:15 p.m., as the water covered most of the orca’s body, she slowly moved forward and escaped with one kick of her tail.

“She took one big dive, and then she was gone,” said Meuter. “She was free.”

The group let out hoots and hollers as they watched the orca return to the sea and find her pod, he said. He added the researchers plan on going out to sea in the coming days to ensure that she is safe.

“We are so extremely happy that it was a positive ending for the whale,” he said. “It was awesome.”

NEW WESTMINSTER

2 injured in dog attack

Two people are in hospital with serious head and facial injuries after being mauled by a dog in New Westminster early Thursday morning, police say.

Residents of an apartment building in the 300 block of Ash Street called police around 2:45 a.m. after hearing a dog barking and a man and woman yelling, said Sgt. Jeff Scott, spokesman for New Westminster police.

Officers found a man and woman with bite wounds to the face and head. The dog had been secured on the balcony before police arrived, he said.

“She has got more severe injuries to her face and head,” Scott told Metro. “He was also bit in the same area.”

Paramedics took the man and woman to hospital, where they are being treated for serious but non-life-threatening injuries, Scott said.

The dog, which is believed to be a male pit-bull-type breed, has been seized, he said.

James Doan, supervisor of the city’s animal services, said the dog will remain in animal-control custody until an investigation is complete.

Doan said investigators are trying to determine who the dog’s owner is, whether the animal has a history of aggression and why it may have attacked.

Two children are also believed to have been in the suite.

THANDI FLETCHER/METRO, WITH FILES FROM THE CANADIAN PRESS

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False Creek Ferries are on board with suicide barriers

BURRARD BRIDGE

Some residents concerned over $5M price tag, poor design

Emily Jackson
Metro | Vancouver

Suicide prevention barriers on the Burrard Bridge may be considered ugly or expensive, but local ferry crews who work on the water underneath the False Creek bridges are welcoming the intervention.

The City of Vancouver received council's approval Wednesday to spend about $5 million on such barriers on the Burrard Bridge as the 83-year-old structure undergoes major renovations next year.

Heritage advocates slammed the aesthetic of renderings that showed tall metal bars, while others questioned if the price tag was too pricey considering there's an average of only one death per year.

But False Creek Ferries operations manager Jeremy Patterson said Thursday the barriers are a good step. His crews are usually first on scene when someone jumps, with Aquabus crews responding to incidents off the Granville Bridge.

"I don't think people are aware of how many jumps there are off that bridge," Patterson said. "It's a good idea, anything to slow it down.... I'm sure there's a way to make it look nice if they have to."

Police receive an average of 17 calls per year regarding potential suicides at that location, according to city statistics.

The media does not typically report on suicides or attempts because research shows it can increase the likelihood of suicide in vulnerable people.

But it's a reality for the people working on False Creek. Most of Patterson's 50-person crew has been at work on a day where they've responded to an incident, he said.

His biggest concern is that crew and passengers could be injured.

A prevention barrier "takes a load off us," he said, especially since the federal government closed the Kitsilano Coast Guard Station that used to help the ferry crews deal with such incidents.

City staff will work with heritage advocates to finalize a design for a prevention barrier, although a metal fence appears to be the cheapest option with the least maintenance.

False Creek Ferries operations manager Jeremy Patterson on Thursday. JENNIFER GAUTHIER/METRO

GETTING HELP

Help is always available for anyone in crisis or distress. If you or someone you know needs help, call 604-872-3311 in Vancouver or 1-800-SUICIDE anywhere in B.C.

LGBTQ ISSUES

B.C. Liberals won't consider signing trans pledge

The B.C. Liberals have no plans to change their stripes in time to march in the Vancouver Pride Parade.

The governing party's executive director Laura Miller said Thursday the party will not reconsider its refusal to sign the trans rights pledge, a one-page document that the Vancouver Pride Society requires signed before allowing anyone to march in the Aug. 2 parade.

The Trans Equality Now Pledge calls for explicit support for the rights of trans and gender-variant people in B.C.'s Human Rights Code. Last week, the B.C. Liberals rejected a private member's bill to do just that.

Miller argued that trans and gender-variant people are already protected in the code under sex.

"In B.C., everyone is equal, everyone has equal protection against discrimination," she said. "The crux of the debate is whether those protections should be explicitly stated. Our view is they don't need to be."

She called out the Pride society for excluding the B.C. Liberals Vancouver West End riding association, which signed the pledge but had its status revoked because the entire party won't sign. She added the society's tactic is "creating a culture where if you don't agree with explicit protections, the accusation is that you're trans-phobic." Miller acknowledged the party could change its stance one day, but not this way.

But the society has no plans to budge from its stipulation that all marchers must sign the pledge, vice president Chrissy Taylor said Thursday.

"There's no real point in having a campaign like this or a pledge like this if you're going to waver in any kind of way.... It doesn't do justice to the community," Taylor said.

They reject the notion that trans rights are already protected, pointing out that every province but B.C., Quebec and New Brunswick has specifically enshrined trans rights.

"This is about human rights. It's about taking Pride back to its roots and standing up for the rights of our community that aren't there right now," they said.

Taylor did not know whether the provincial Greens or Conservatives have signed the pledge yet.

But the B.C. NDP's Spencer Chandra Herbert, the MLA who introduced the trans rights bill, said Thursday his party had no problem signing the pledge.

"You have to do more than wave a flag, you have to support legislation to (support trans people)," he said, noting that transgender people face some of the worst rates of violence.

Chandra Herbert hopes the B.C. Liberals eventually support his bill. He doesn't see value in the argument that rights are already protected under sex — it's the same argument (which ultimately failed) that people used to try to stop specific protection for sexual orientation.

"I just don't get why they're so resistant," Chandra Herbert said, adding that the majority of Canadians are onboard with protecting trans rights.

"I'm hoping they have a change of heart."

EMILY JACKSON/METRO

LAW SOCIETY

Lawyer's bad joke punished

A lawyer who made an inappropriate joke to a female social worker has had his two-week suspension for professional misconduct upheld by the Law Society of B.C. benchers.

The lawyer, Stanley Foo, who normally represents parents whose children have been apprehended by the Ministry of Children and Family Development, spotted a ministry social worker in the Quesnel courthouse hallway and asked if she was "A.M., the social worker" (her name was reduced to initials in the recent Law Society decision).

"Yes I am," the social worker responded.

"I should shoot you ... you take away too many kids," Foo said.

Although the social worker didn't take this as an actual threat to shoot her, she was shocked by the comment and felt it was inappropriate.

Another social worker standing beside A.M. was also shocked, although other people standing nearby laughed at the lawyer's comment.

A.M. told her supervisor about the incident, who reported the lawyer's comment to the Law Society, which concluded that Foo's comment, while perhaps an attempt at humour, was inappropriate in the context and setting, so was deemed professional misconduct.

The Law Society disciplinary panel ordered Foo, who had been a lawyer since 1994, to be suspended for two weeks and pay $8,840 in costs for the Law Society hearing.

Foo recently asked the Law Society benchers — its board of governors — for a review of the discipline decision.

Foo's lawyer argued that the comment to the social worker was nothing more than "playful banter" by a "socially awkward, bombastic lawyer, from a different cultural background ... attempting to be funny."

But the Law Society review upheld the original two-week suspension by the discipline panel.

"Where a male lawyer attempts to make a joke that involves violence to a woman unknown to him, who represented parties adverse in interest to parties the lawyer represented, in a courthouse, in front of a partisan audience, it is clearly a marked departure from the standard the Law Society expects of lawyers," the review concluded.

"Lawyers are free to joke, but are expected to exercise the etiquette, decorum and common sense to appreciate what is appropriate to the situation and setting. In short, this comment was not suitable for this situation and setting." NEAL HALL/FOR METRO

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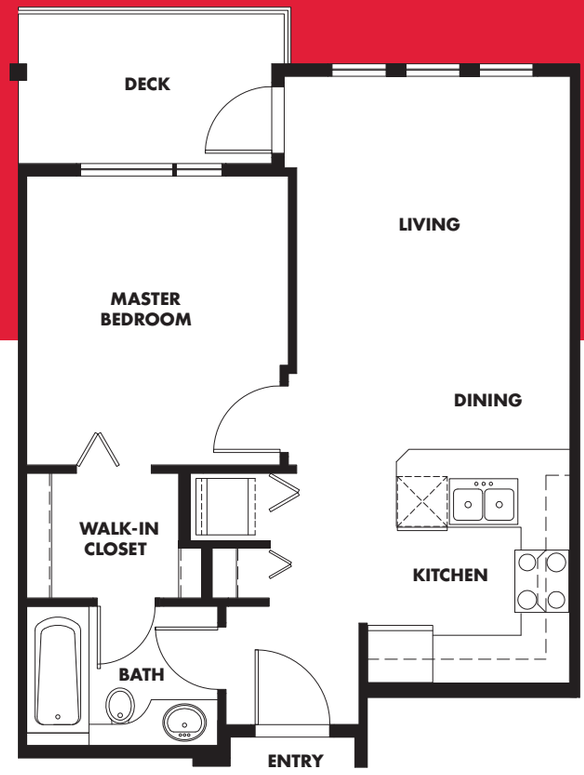

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STUDY

Program doesn't solve substance abuse issue

Matt Kieltyka
Metro | Vancouver

There is no evidence that a housing first strategy on its own is enough to address substance abuse among chronically homeless people with mental illness, a Simon Fraser University researcher has found.

As part of the Vancouver At Home project, SFU health science professor Julian Somers and his team tracked 500 people who were homeless and suffered from mental illness.

One group had access to only the health, social and housing services regularly available to them on the street, while the second group was placed in housing.

After two years, researchers found no improvement in daily substance abuse in the group that was housed (30 per cent entered the study using drugs daily, and the same percentage continued to after 24 months).

Somers said the study, the first to examine to impact of housing intervention on drug use, contradicts the accepted theory that stable housing alone can help someone address drug addiction.

"There is no evidence housing first improves substance abuse behaviour. People who are housed and supported use drugs just as much (as homeless who have access to usual services)," said Somers.

That's not to discount the value of housing first.

Previously published Vancouver At Home studies have shown the strategy can dramatically improve lives.

"There are a number of obvious positives factors from housing first. People definitely have much higher housing stability and are less involved with the justice system," Somers said.

"Housing is, in all likelihood, necessary [to successfully treat drug addiction]. We know what housing first provides, now we're able to ask what it doesn't provide."

The findings suggest supportive housing needs to be supplemented by giving people greater access to addictions treatment and employment opportunities, he said.

Somers also added that the health outcomes for participants in the study have also improved over time.

Since the last of the participants were last monitored in 2013, Somers says social services have had greater success targeting chronically homeless people with mental illnesses and that many of them are now clients of BC Housing.

WEATHER

Metro Vancouver water usage drops after restrictions issued

Billions of litres of water have been saved since Metro Vancouver implemented strict water restrictions on Monday.

Residents have apparently stopped sprinkling their lawns and washing their cars, with water usage dropping to 1.19 billion litres of water on Wednesday from 1.48 billion litres on Monday when the Stage 3 rules went into effect.

As long as residents keep water usage under 1.2 billion litres per day, officials believe the region's 21 municipalities won't run out of water by November.

The Capilano, Seymour and Coquitlam reservoirs have already depleted to 69 per cent of capacity due to the usually hot and dry spring, according to the regional authority.

While there's a chance of rain in the forecast, the region needs more than 100 mm of rain to return water levels to normal.

EMILY JACKSON/METRO

North Vancouver's Capilano Reservoir on Thursday. JENNIFER GAUTHIER/FOR METRO

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Vancouver's urban pianos

Music lovers rejoice: Vancouver's outdoor pianos are up and running again. Meander along the seawall on a warm summer evening and you just might hear a delicate melody drifting out across the ocean. Expect the unexpected: from the shirtless, baseball-hat-wearing Chopin player, to a lively impromptu jazz jam with teenagers, or a child's considered take on Chopsticks. **Amy Logan** FOR METRO

The aquatically themed piano in front of the Vancouver Aquarium.

A brightly decorated piano stands out at Strathcona Community Gardens.

Two groups will be offering the chance to tickle the ivories with the city stretched out before you: Keys to the Streets, run by City Studio, and Pacey's Pianos/Piano Teachers Federation, which has public pianos throughout Metro Vancouver, including Grouse Mountain, New West, North Vancouver and Surrey.

WHERE TO FIND A PUBLIC PIANO

1. Canada Place at 999 Canada Place (West Side)
2. Spyglass Dock at 1800 Spyglass Place (under the Cambie Street Bridge)
3. Strathcona at 898 Prior St. (community garden) Chinatown at 188 East Pender St.
4. Robson Park at 525 Kingsway
5. Vancouver Public Library at 401 West Georgia St.
6. Creekside Community Centre at 1 Athletes Way
7. Nelson Square at 808 Nelson St.
8. Lot 19 at 901 West Hastings St. (at Hornby)
9. Stanley Park at the Vancouver Aquarium at 845 Avison Way

A man plays a tune in a little corner of Chinatown.

A breathtaking Seawall view frames this public piano at Creekside Community Centre.

A man plays classical piano, his fingers dancing across the keys.

The city spreads out before this player at Spyglass Dock.

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©2015 smart Canada, a Division of Mercedes-Benz Canada Inc. Model shown is a 2015 smart fortwo electric drive coupe. *Total price for the 2015 smart fortwo electric drive coupe before cash credit and provincial rebate is $29,200, which includes an MSRP of $26,990 plus freight/PDI of $1,495, dealer admin fee of $595, air-conditioning levy of $100, PPSA up to $50.48 and a $20.00 fee covering EHF tires, filters and batteries. **Vehicle options, fees and taxes extra. Vehicle license, insurance, and registration are extra. Lease offer based on the 2016 smart fortwo electric drive coupe (Stock #1695398). [1]Lease example based on $347 (excluding taxes) per month for 36 months. Due on delivery includes down payment or equivalent trade of $0, plus first month lease payment, security deposit, and applicable fees and taxes. Lease APR of 1.9% applies. Total cost of borrowing is $890, total obligation is $13,967. 18,000 km/year allowance ($0.20/km for excess kilometres applies). Lease offer is available only through Mercedes-Benz Financial Services on approved credit for a limited time. [2]smart credit of $3000 specific to the smart fortwo electric drive (coupe/cabriolet) must be applied at the time of sale. Please note the $3,000 delivery credit have been applied/included in the calculation of the monthly lease payment. It is a one time delivery credit only valid on 2015 and 2016 smart electric drive for deals closed before July 31, 2015. See in-store for full details. [3]Provincial discount of up to $5,000 through British Columbia's Clean Energy Vehicle (CEV) program. Rebate applied at point of sale on the purchase or lease of a smart fortwo electric drive coupe or cabriolet. For further information visit: www.cevforbc.ca. Please note the provincial discount has been applied in the calculation of the monthly lease payment. Offer may change without notice and cannot be combined with any other offers. Dealer may lease, finance, or sell for less. See your authorized smart Centre for details or call smart Vancouver Customer Relations at 1-855-586-4491. Offer valid on vehicles delivered on or before July 31, 2015.

Harper thanks fire crews fighting raging B.C. blaze

WILDFIRES

Prime minister says new strategies are needed

With the hillside smoking above him, Prime Minister Stephen Harper met Thursday with a crew who have been fighting an out-of-control wildfire near West Kelowna.

Harper, Premier Christy Clark and others toured an area where residents from 70 homes were chased out Monday by the flames.

The prime minister thanked all crews and first responders who have been battling wildfires across the country.

"We know these are tough and are sometimes dangerous jobs and these efforts really are appreciated by everybody."

Harper said he has spoken with Premier Clark and Saskatchewan Premier Brad Wall about the need to discuss what can be done to improve how such devastating fires are fought.

"When the dust settles, so to speak, on all of this we're obviously going to sit down and assess what new or different needs to be done in the future, what we can do in terms of better co-ordination of resources, mitigation, we'll look at all those things," he said.

Parts of northern Saskatchewan have been devastated by wildfires that at one point forced thousands of people from their homes.

On Thursday, a thick haze cloaked the Westside Road fire in the Okanagan community. Smoke could be seen billowing from the mountain as water bombers whizzed overhead.

Fire information officer Noelle Kekula said a short break from hot, dry weather allowed six skimmer aircraft to attack the Westside blaze.

"It was nice and calm this morning, so we were able to use air support lots this morning."

An incident command team is managing how 60 firefighters, four helicopters and four pieces of heavy equipment are attacking the wildfire.

Evacuees from the fire clutched yellow forms and volunteers carried trays of sandwiches in and out of a temporary evacuation centre set up at the Westside Lions Community Hall Thursday afternoon.

The centre opened on Monday night when the evacuations began. About 60 people have stopped by for help, said acting centre manager Catherine Williams.

"As it goes on people want to get home," said Williams.

"If they've got company coming, they're not happy about it, but they're all pretty resilient. We haven't seen anyone angry. They've been really good."

Claire and George Poitras fled their home near Westside Road Monday evening after Claire looked out the window to see the mountain ablaze.

They didn't even have time to grab toothbrushes but said they are happy with how the fire has been handled.

"The province has really left no stone unturned," said George Poitras.

"We're staying at a Best Western. They're feeding us well. If it wasn't so serious, it would be like a vacation."

THE CANADIAN PRESS

Prime Minister Stephen Harper and Premier Christy Clark greet firefighters in West Kelowna. JONATHAN HAYWARD/THE CANADIAN PRESS

It was nice and calm this morning, so we were able to use air support lots.
Fire information officer Noelle Kikula

BACKGROUND

B.C. burns
The blaze is one of 250 wildfires currently burning across B.C. A total of 1,314 wildfires have broken out this season.
THE CANADIAN PRESS

HYDROELECTRICITY

Dam foes reject decision

Legal opposition to the Site C hydroelectric dam in northern British Columbia is ramping up just as BC Hydro and the province are announcing their first collaborative contract related to the megaproject.

Farmers and ranchers in the Peace River area are appealing a decision by B.C. Supreme Court last month to reject a bid to quash the proposed dam, which they say would flood large portions of prime agricultural land.

The Peace Valley Landowner Association argued that the province failed in its legal duty to consider recommendations that followed an independent environmental review.

"That (court) decision gave free rein to governments to make any decision without considering the recommendations of the Joint Review Panel," said Ken Boon on Thursday. "That's a dangerous situation."

The court ruled that the minister had the discretionary power to issue environmental approval even without considering recommendations made by the Joint Review Panel in a report last spring.

The panel's 471-page document said the dam would have a significant negative impact on the environment and wildlife, as well as aboriginals, farmers and other users of the Peace River valley.

Still, it found that the project's benefits are clear and the alternatives to developing the necessary energy few.

The province dismissed concerns over Site C's negative impact, saying the project has undergone one of the most comprehensive reviews for a public infrastructure project in B.C.'s history.

"Site C is the right project for B.C. at the right time," said Gilmore. "It's time to move the project forward." THE CANADIAN PRESS

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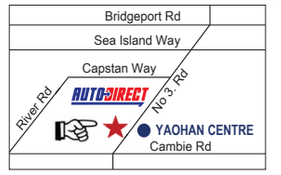

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The rainbow flag makes its way down Beach Avenue in the West End during the 2013 Pride Parade. JENNIFER GAUTHIER/METRO FILE

Pace yourself for Pride Week

BACKSTAGE PASS

Symone Says hosts kickoff event Sunday

Graeme McRanor
For Metro | Vancouver

Suddenly, it's Vancouver Pride Week, which means you're gonna want to get out there and enjoy the party. But you're gonna have to be smart about it. I know you're coming off Pemby Fest, the Folk Fest — hell, maybe even One Direction — you're amped up, I get it. But you're gonna have to pace yourself on this one. After all, there's a lot going on.

In other words, for the next week (or so), you're gonna have to be strong.

Hit the ground running on Saturday for the Pride Run and Walk at Stanley Park. You can do a 5k walk/run or a 10k run. Registration is $40 for an individual or $30 for each member of a team (minimum five members). Money raised goes to Out in Schools and the VPS Pride Legacy Fund. Starts at 9 a.m.

After the race, walk on over to Brockton Oval for Picnic in the Park (11 a.m.–6 p.m.), a fun afternoon featuring family-friendly games (tug-of-war, drag race, volleyball tourney), DJs and the Pride Sports Bar.

Sunday signals the Official Pride Week Kickoff at Container Coffee, hosted by Vancouver's First Lady of Glam, Symone Says. Also featuring DJ Sollers and DJ Nick Bertossi. Tickets $10 at the door.

The Davie Street Block Party takes over the 'hood on Friday, July 31. It features all kinds of shenanigans — live music, human foosball, giant Jenga and Twister, beer, and much more. It's free and open to all ages, with outdoor bar services for 19+ ($5 for wristband).

Clear the cobwebs from the previous night at the Terry Wallace Memorial Breakfast (Saturday, Aug. 1, 8 a.m.–noon). Pancakes, syrup and more at Davie and Bute.

Stick around and save some space in that belly after breakfast for the Pride in the Village Barbecue, a by-donation BBQ "honoring the history, successes and challenges experienced by the LGBTQ2+ community of Vancouver." From noon to 4 p.m.

The Pride Festival at Sunset Beach features more than 100 exhibitors in the Pride Market, live music, drag performers and speakers. There are also DJs spinning tunes in the beer garden all day. From 11 a.m. to 6 p.m. on Sunday, Aug. 2.

Also on Sunday, the pièce de résistance: the 37th Annual Vancouver Pride Parade. It kicks off at noon sharp at Robson and Thurlow.

More events can be found at VancouverPride.ca.

TRANSPORTATION

Record set in June for bike volume in City of Vancouver

A hot, dry June saw Vancouverites ditching their cars and skipping sweaty bus trips to travel on two wheels instead.

There were record bike volumes at six of the city's 10 protected bike routes last month, according to City of Vancouver statistics released Thursday.

Science World by the seawall, Union and Hawks, Point Grey Road, the Dunsmuir viaduct, Hornby Street, Dunsmuir Street and the Canada Line Bridge all boasted record volumes.

Science World and the Burrard Bridge remain the busiest biking locations, with 191,000 and 190,000 bikes counted at each location. Traffic increased by 31 per cent and 28 per cent at these locations respectively from June 2014.

It's good news for city planners vying to get two-thirds of residents to travel by bike, bus or foot by 2040. Nearly half of trips are already made without cars, a goal that the city originally set for 2020 but was reached in May.

EMILY JACKSON/METRO

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– Margo Desmarais, PBA, Finance Team Lead, University of Alberta

Wednesday July 29th
7:00 pm – 9:00 pm

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RIGHTS

UN review raises concerns about Canada

The United Nation's first review in 10 years of Canada's compliance with an international rights treaty has resulted in concerns being raised on a swath of issues from pay equity to new anti-terror legislation.

In a report released Thursday, the United Nations Human Rights Committee said positive steps have been taken since the last time Canada's adherence to the International Covenant on Civil and Political Rights was reviewed.

But the report detailed more than a dozen areas where it finds Canada's approach lacking.

Among the committee's worries is that sweeping powers contained in the new anti-terror bill may not contain enough legal safeguards to protect people's rights.

In particular, the report raised doubts about elements of the legislation, known as C-51, that expand the mandate of the Canadian Security Intelligence Service, the new information sharing regime between security agencies and the changes to the no-fly program.

The government should consider rewriting the law to ensure it complies, impose better safeguards so information-sharing doesn't lead to human rights abuses and put in place oversight mechanisms for intelligence agencies, the report says.

A spokesman for Public Safety Minister Stephen Blaney said Canada stands by the anti-terrorism legislation as is.

"These are reasonable measures similar to those used by our close allies to protect their own citizens," Jeremy Laurin said in an email.

"Canada will do no less."

THE CANADIAN PRESS

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The best or nothing.

A Calgary developer aims to make healthy living easier with a portable Bluetooth scale called the Slate Scale that you can carry with you to check your food. COURTESY RANA VARMA

Dining out? Take along your scale

HEALTH

Bluetooth device delivers nutrition info using phone

When trying to live healthy, it's easy to count the pull-ups, push-ups and sit-ups, but sometimes we forget to count the calories.

One Calgary developer is aiming to make healthy eating easier with a portable Bluetooth nutrition scale called Slate Scale. It connects to an iOS or Android app on your phone to deliver calorie and nutrition information based on your serving size and meal selected.

It also picks up on your eating habits.

"For breakfast, most people typically eat the same thing," said Rana Varma, co-founder of Slate Scale.

"It will recognize that and instead of keying it in every time, it would just prompt you with your common breakfast items."

The scale is small enough to fit in a purse or jacket. You can place food directly on the stainless steel surface, or put it on a plate and the scale will adjust accordingly.

The app offers recipe suggestions and shares data with popular fitness apps, like Fitbit and MyFitnessPal.

Currently, Slate Scale exists only as a working prototype with the developers, but Varma hopes to begin a Kickstarter crowdfunding campaign in August.

For more information, visit www.slatescale.com.

AARON CHATHA/FOR METRO

IN BRIEF

Three people dead in Quebec fire: Police

Quebec provincial police say three people died in a fire in a Quebec apartment complex on Thursday.

Police are confirming three bodies were found in the three-storey, 30-unit building, but did not immediately provide any identities or other details on the victims. Eight other people were injured in the fire in Drummondville, midway between Montreal and Quebec City.

One witness to the fire described the scene as "apocalyptic," with residents screaming from their balconies.

The cause of the fire remains unclear. About 50 firefighters from the town and surrounding communities had the blaze under control a few hours after it began in the wee hours.

THE CANADIAN PRESS

Three die in Quebec fire

DRUMMONDVILLE

Eight others injured in 'apocalyptic' building blaze

Quebec provincial police say three people died in a fire in a Quebec apartment complex on Thursday.

Police are confirming three bodies were found, but did not immediately provide any details on the victims.

Eight other people were injured in the fire in Drummondville, midway between Montreal and Quebec City.

One witness to the fire described the scene as "apocalyptic," with residents screaming from their balconies.

The cause of the fire remains unclear but it was believed to have started on the second floor of the three-storey, 30-unit building.

Provincial police Sgt. Aurelie Guindon did not specify the extent of the injuries suffered by the eight people.

"We're talking about three people who are still missing, so maybe three potential victims," she told a news conference. "But we'll have to wait until the search is over to confirm any deaths."

Forensic identification tents are set up at the scene of a fire in an apartment building in Drummondville, Que., that killed three people Thursday. RYAN REMIORZ/THE CANADIAN PRESS

Occupant Isabelle Sawyer escaped after people knocked at her door to tell her to flee her first-floor apartment.

> **"It was burning like a house of cards.**
> Isabelle Sawyer

"When we got out, I saw the flames, the smoke," she told RDI, Radio-Canada's all-news channel. "It was burning like a house of cards. I heard people screaming on balconies. It was apocalyptic."

About 50 firefighters from the town and surrounding communities had the blaze under control a few hours after it began in the wee hours.

Georges Gagnon, head of the Drummondville fire service, said smoke filled the building very quickly.

"When the firefighters arrived on the scene, there were flames on the second floor and a lot of smoke on the third," Gagnon said.

"There were people on balconies, so the priority was getting to these people and making sure they were safe and sound."

Genevieve Guilbault, a spokeswoman for the coroner's office, also said it was too early to confirm deaths.

"But it's clear when we're talking about a fire of this scale there is always the risk of having victims," she told reporters.

"There are two people from the coroner's office here as well as a pathologist who are working with provincial police.

THE CANADIAN PRESS

IN BRIEF

Liberal investigated over election expenses

A Liberal candidate is under investigation by the commissioner of elections for failing to report all the expenses he racked up to win a hotly contested nomination battle.

Sven Spengemann confirms there were "inadvertent omissions" in the financial report filed with Elections Canada after he won the Liberal nomination in Mississauga-Lakeshore last September.

He says he's been cooperating with commissioner Yves Cote's review of his expenses and will "fully comply" with his determination in the matter, which he expects to be completed soon.

Spengemann's reference to complying may suggest he expects the matter to be resolved through a "compliance agreement" — a commonly used method for dealing with infractions of election laws that do not constitute a criminal conviction or create a criminal record.

THE CANADIAN PRESS

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Rondo EX Luxury shown¹
HWY / CITY 100KM*: 6.3L/9.2L
2015 RONDO LX MT
WELL-EQUIPPED FROM $17,282*
INCLUDES $5,850* IN CASH DISCOUNTS
INCLUDES: BLUETOOTH HANDS-FREE CONNECTIVITY, STEERING WHEEL AUDIO/CRUISE CONTROLS, 6 AIRBAGS

Sportage SX Luxury shown²
HWY / CITY 100KM*: 8.3L/11.4L
2015 SPORTAGE 2.4L LX MT FWD
WELL-EQUIPPED FROM $19,982*
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A memorial for Sandra Bland. PAT SULLIVAN/THE ASSOCIATED PRESS

Death not homicide

UNITED STATES

Woman died in Texas jail after arrest for traffic offence

The autopsy of a woman who was found dead in a Texas jail revealed no injuries that would suggest she died in a violent homicide, authorities said Thursday.

Waller County prosecutor Warren Diepraam discussed details of the autopsy of 28-year-old Sandra Bland, who authorities say was found hanging in her jail cell on July 13.

The autopsy showed that Bland had no defensive injuries on her hands that would typically indicate a struggle, the prosecutor said. Some lacerations or abrasions were found on her wrists. Those injuries were consistent with a struggle while being handcuffed.

The marks around Bland's neck were consistent with a suicide, he said.

Bland was arrested three days before she was found dead. Her family and friends dispute the official finding. Texas Rangers and the FBI are investigating.

Bland's death comes after nearly a year of heightened national scrutiny of police dealings with black suspects, especially those who have been killed by officers or die in police custody. It has resonated on social media, with posts questioning the official account and featuring the hashtags #JusticeForSandy and #WhatHappenedToSandyBland.

The sheriff said Wednesday that no one gained access to the cell and contributed to Bland's death.

Bland's family has said she was not despondent and was looking forward to starting a new job at her alma mater, Prairie View A&M University.

However, Bland posted a video to her Facebook page in March, saying she was suffering from "a little bit of depression as well as PTSD," or post-traumatic stress disorder. At least one friend has said she was just venting after a bad day.

A video of her arrest taken from the officer's dashcam shows state trooper Brian Encinia drawing a stun gun and threatening Bland when she refuses to follow his orders.

The roadside encounter swiftly escalated into a shouting confrontation, with the officer holding the weapon and warning Bland, "I will light you up," for not getting out of her vehicle.

The video shows the trooper stopping Bland for failing to signal a lane change. The conversation turns hostile when the officer asks Bland to put out her cigarette and she asks why she can't smoke in her own car. The trooper then orders Bland to get out of the vehicle. She refuses, and he tells her she is under arrest.

Further refusals to get out led the trooper to threaten to drag her out. He then pulls out a stun gun and makes the threat about lighting Bland up.

THE ASSOCIATED PRESS

MIDDLE EAST

Opposition groups OK Syria 'road map'

Syria's two main political opposition groups agreed on Thursday on a unified "road map" for a political solution to the country's long-running civil war, representatives of the groups said.

The two parties have been trying for years to reach a common understanding on how to end the war in Syria. Their agreement came as the UN envoy, Staffan de Mistura, was in Damascus to press efforts to find a political solution to the country's war.

But violence continued on the ground and suspected Islamic State of Iraq and the Levant (ISIL) militants fired at a Turkish military outpost from inside Syrian territory on Thursday, killing a Turkish soldier and wounding two others. Turkish troops retaliated to the attack and at least one ISIL militant was killed, according to Turkish official Suleyman Tapsiz, the governor for the Kilis province.

The attack follows a suicide bombing in a Turkish town near the Syrian border on Monday which killed 32 people. Authorities have blamed the attack on militants linked to ISIL.

Meanwhile in Brussels, where the Syrian opposition groups have been meeting, representatives of the Syrian National Coalition (SNC) and the National Coordination Body for the Forces of Democratic Change (NCB) said they would announce details of their agreement at a press conference the following day.

Members of the SNC, the main political group in exile, have long accused the Damascus-based NCB, whose leaders have been tolerated by the Syrian government, of being too lenient and even complicit with President Bashar al-Assad's government. Members of the NCB, in turn, have often accused the SNC of being bankrolled by oil-rich Arab Gulf countries.

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Local and state police respond to a cinema shooting in Lafayette, La. THE ASSOCIATED PRESS

3 dead, 7 injured in movie theatre

LOUISIANA

Gunman opens fire on audience, then kills himself

A gunman opened fire at a movie theatre in Louisiana on Thursday evening, killing two people and injuring at least seven others before shooting himself, officials said.

The gunman, a 58-year-old "lone white male," fired his weapon "numerous times" before shooting himself at the Grand Theatre in Lafayette, Police Chief Jim Craft told a news conference.

Craft said police know the gunman's identity but are not releasing it.

He said the shooter's body was still inside the theatre and that a coroner was on the scene.

Earlier in the evening, Acadian Ambulance vice-president Clay Henry had told The Associated Press that the shooter was pronounced dead on arrival at a hospital.

Craft said those who were injured had wounds ranged from non-life-threatening to critical.

There were about 100 people in the theatre at the time of the shooting, Sgt. Brooks David of the Louisiana State Police told CNN.

The shooting happened about 20 minutes into a 7 p.m. showing of the Amy Schumer movie "Trainwreck," The Louisiana Advertiser quoted theatregoer Katie Domingue as saying.

> **We heard a loud pop we thought was a firecracker.**
> Witness Katie Domingue

"We heard a loud pop we thought was a firecracker," Domingue told the newspaper.

Domingue said she saw "an older white man" standing up and shooting down into the theatre, but not in her direction. "He wasn't saying anything. I didn't hear anybody screaming either," Domingue said, adding that she heard about six shots before she and her fiance ran to the nearest exist, leaving behind her shoes and purse. THE ASSOCIATED PRESS

IN BRIEF

Jurors unanimously support execution option

The jurors who convicted James Holmes of murder in the Aurora, Colo., theatre shooting unanimously decided that they can consider the death penalty in his sentencing. Capital punishment is justified, they said, because Holmes murdered 12 victims, caused a grave risk of death to others, committed murder in a heinous, cruel or depraved manner and laid in wait. The defence will lead the next phase, trying to show Holmes' mental illness makes it wrong to execute him. THE ASSOCIATED PRESS

OKLAHOMA

Teen relatives held in slaying of family

Police responding to a silent 911 call found five people stabbed to death at a well-kept suburban Tulsa, Okla., home, then detained two teenage male relatives of the victims after a police dog tracked them down in nearby woods.

"I've been here 19 years and I don't know if we've had more than three homicides in a year. I don't think we've had a single incident of this magnitude," Broken Arrow Police spokesman Cpl. Leon Calhoun said Thursday.

He said officers responding to the 911 call could not enter the house through the front door but heard moaning and got in. They dragged a 13-year-old girl who survived the attack onto the front lawn.

Calhoun said police were struggling to notify next of kin because so many relatives were involved. Broken Arrow Police Sgt. Thomas Cooper said nine people were linked to the family home — the five dead, adults and juveniles, the 16- and 18-year-olds in custody, the 13-year-old girl in stable condition with stab wounds and an unharmed two-year-old girl. The toddler was transferred to state custody, Cooper said. THE ASSOCIATED PRESS

Loblaw Companies Ltd. has not yet identified which stores in its chain of retail outlets will close by next year. THE CANADIAN PRESS

Loblaw set to shut 52 stores across Canada

RETAIL

Pharmacies, grocery outlets included in closures

Loblaw Companies Ltd. plans to shut down 52 unprofitable stores in its chain of retail outlets by early next year as it seeks to boost operating profit.

The company said in its second-quarter earnings report Thursday that the closures will take place over the next 12 months and save $35 million to $40 million in annual operating income despite the loss of $300 million in sales.

Loblaw president and executive chairman Galen Weston Jr. said in a conference call with analysts that the company was focused on finding efficiencies as growth slows.

In a normal year, he added, the company would close 10 to 15 stores.

"Yes, it's an increase, but it's not radically different," he said. "It doesn't signal any kind of change from a strategic perspective."

The closures are distributed across the country, he said, and affect around one per cent of the company's total retail square footage.

In its latest annual report, the company had more than 2,300 locations for its many brands, including Loblaws, Shoppers Drug Mart, No Frills and Joe Fresh.

Weston would not identify which locations are due to close as the company has yet to notify affected employees, but he said the list included gas stations, Joe Fresh locations and select pharmacies and grocery stores.

$300 million

Closures will mean a loss of $300 million in sales but could save up to $40 million in operating income.

Loblaw chief financial officer Richard Dufresne said the company did a review of all of its stores following the completion of its buyout of Shoppers Drug Mart last year and identified 52 that were consistently underperforming and unprofitable.

The company said in March it would build 50 new stores and renovate or improve more than 100 existing ones this year as part of a $1.2 billion expansion. Weston said those plans are still on track.

On Thursday, Weston said the 52 closures included the previously announced cutbacks at Joe Fresh's U.S. operations, but would not make a "material change" to the clothing line's Canadian locations.

The company announced the closures as it reported a second-quarter profit of $185 million or 45 cents per share in its latest quarter compared with a loss of $456 million or $1.13 per share a year ago.

THE CANADIAN PRESS

market minute

DOLLAR
76.69¢ (-0.01¢)

TSX
14,265.37
(-41.75)

OIL
$48.45 US
(-74¢)

GOLD
$1,094.10 US
(+$2.60)

NATURAL GAS: $2.816 US (-8.1¢)
DOW JONES: 17,731.92 (-119.12)

IN BRIEF

Walmart takes over Chinese online retailer

Walmart wants to make a bigger play for Chinese consumers online. The world's largest retailer purchased the remaining stake it didn't own in China's Yihaodian, an online retailer. Walmart is attempting to follow consumers as they migrate to the Internet in China, a country where the retailer has struggled to adjust to buying habits and local competition. Yihaodian, founded in 2008, sells more than eight million products. Walmart, which opened its first store in China 20 years ago, is closing some stores and focusing on making its 400 stores more profitable.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
WEEKEND, July 24-26, 2015

THE KOHLER REPORT: ON CELLPHONES AND AWKWARDNESS

I will continue using a landline until it's so old it becomes as cool as a mason jar is today.

I am routinely mocked for the fact that I still have a landline.

When I call people from the number, they love to joke, "Who is this, my grandma?" But while I admit that keeping a home phone is costly — and looks as outdated in my living room as a bowl of potpourri — it's well worth it. It's the only phone in my life I can count on. Not like that flaky, inconsistent, deadbeat-dad version of a phone I call my "cell."

I don't know if the technology has declined or if my patience has waned, but I often find that the experience of talking on a cellphone is as much an existential crisis as it is a conversation.

Like those calls where you can hear the person about half the time, as if someone were pointing a remote control at them and pressing "mute" every few seconds. The first couple of times it happens, you might say "What was that?" but after a while you start feeling like the annoying one, even though it's them you can't hear. You try your best to piece the sentences together using only the words you have ("I've been…and…depressed …I'm…so… eating … know it … helps?") And you're like, "Yeah, I find eating ice cream therapeutic, too," and just hope that what you're saying makes sense.

Or what about those calls that make your friend sound like they're in an echo chamber, when you happen to know she's just a few blocks away at a Starbucks? Or those times you're trying to talk to a business associate who sounds like they're conducting their side of the meeting under water; it's really stressful when your livelihood depends on someone whose every word seems to be caught inside a bubble.

Or what about that quirk of technology that makes it so the person who's talking can't hear you until they stop. This makes it impossible to interject. They can't hear you if you laugh or say things like, "Right, right" or "Mm-hmm." Cellphones strip you of half the tools you need to have a normal, healthy conversation.

By the way, I don't have some 1999 Nokia piece of poo, nor do I use that service provider that's available only at 7-11. I have an iPhone 6 and my service provider rhymes with Smell Us. Is this the best we can do?

And I know what you're going to say: If you don't like talking on your cell, then just do like the Millennials and text. But I don't want to text — it takes too long and it's impersonal and it's destroying us like the impact that destroyed the dinosaurs.

No. What I will do is continue using my landline until Bell decides to stop providing me with — and charging me through the nose for — the service. I will continue using a landline until it's so old it becomes as cool as a mason jar is today.

Mock me all you want. At least I'll be able to hear you.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler.

Were the Pan Am Games worth it? Visit metronews.ca to answer our poll.

Happy face/Sad face

From **chicken sickness** to **landsliding lakes,**
Metro weighs in on the news making headlines this week

Forgetting past failures

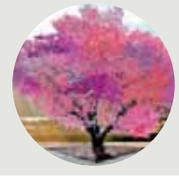
News of the first drug that slows down Alzheimer's has scientists forgetting how hopeless they felt about managing memory loss. Stage-3 clinical trials — the last step before the pill goes to market — of a drug called solanezumab showed the progress of dementia slowing by a third, if treatment started early. More trials will be needed to confirm the results, but science is close to creating a memory medication that does more than just reduce symptoms. SOURCE: BBC

Beware of fowl play

The U.S. Centers for Disease Control has ID'd an unusual culprit in a 40-state salmonella outbreak: Backyard chickens. Urban farmers, the CDC says, "are bringing live poultry into their homes, and ... kissing or cuddling with live poultry." Chickens harbour salmonella bacteria that's harmless to them but causes a nasty stomach bug in humans. Handwashing — and minimizing contact with feathered friends — can reduce the spread.
SOURCE: WASHINGTON POST

The fastest fruit salad

Sam Van Aken, a professor at Syracuse University, uses crafty grafting to create trees that bear 40 different kinds of stone fruit, including heirloom varieties of plums and apricots. Despite his choice of materials, he's not a botanist, but an artist. A tree he planted in 2011 now has all 40 varieties grafted on. In four years or so, it will be blooming periodically throughout the summer, producing a different kind of fruit each time.
SOURCE: NATIONAL GEOGRAPHIC



Lake braces for spectacular slide

Some time in the next few months, a small lake perched 600 feet above the Mackenzie Valley in the Northwest Territories will burst through the slice of earth holding it back — and fall. It will be a spectacular sight that transforms the landscape, and melting permafrost caused by climate change is to blame, scientists say. The unnamed lake near Fort McPherson is buttressed by frozen ground that has not thawed to this extent since the end of the last ice age.
SOURCE: THE CANADIAN PRESS

ROSEMARY WESTWOOD

metroview

How two stubborn people shape up at marriage boot camp

Welcome to the midway point of the speediest season of the year.

Or for me, the end of marriage boot camp.

C. — my American boyfriend — was visiting for a few months. As our time wound down, and people asked him how it's been, "marriage boot camp" was his answer.

We had a lot to pack into very little time and space, playing house in my one-room studio apartment. We'd been telling each other over Skype that we wanted to be together. This summer, we actually had to be together, morning and night, and all weekend long.

As two previously very single people, it was a negotiation to even cross the street. One person would step out into traffic, while the other tugged them back.

As two stubborn people, we could suck the fun out of a sunny afternoon on a patio as we learned to debate, kindly.

We discovered what it's like to be around the moody love of your life, what to say, and when to shut up.

For brief moments, the tension felt like that big wooden wall on an obstacle course: impossible to overcome.

My way of working through things is to talk, talk, talk. C.'s musings are more likely to drop in unexpectedly from thin air, like a falling feather.

But we did talk about what marriage would look like — or more often, not look like.

"Our kids are going to run around barefoot," C. warned me one day.

"I don't want to fight over money," I declared. Our statements acted like warning shots across each others' bows. Beware! This is what it's going to be like forever!

Marriage boot camp did clarify things. Chief among them, how sure we both are. How happy we both are. Except for when it wasn't, the summer was the most fun.

I've been wondering how much people do this — talk about what marriage will be like — before they pull the trigger.

So I called my most communicative, inquisitive of friends. She and her husband spent four evenings, a few hours each time, talking about what marriage would be like, in order to write their vows.

"People get so busy with planning their wedding, it's like they spend more time thinking about seating arrangements than the details of what they're vowing to," she said.

C. and I aren't at risk of that. For a long-distance relationship on fast-forward, it's perhaps not surprising we attended marriage boot camp before engagement. And as with all good boot camps, I'm feeling stronger.

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Jurassic World now the third highest-grossing film in history

Last chance for redemption

COMEDY

Can Pixels save Sandler's career after a string of flops?

IN FOCUS

Richard Crouse

Matthew Lintz, left, as Matt, and Adam Sandler as Sam Brenner with Q*bert, in Pixels, which opens nationwide today. SONY PICTURES/THE ASSOCIATED PRESS

From a career point of view, Pixels may be the most important movie of Adam Sandler's career. The big-budget action comedy sees the comedian help save the world from aliens who attack using classic video arcade games like PAC-MAN, Donkey Kong and Centipede as models for their assaults.

In real life, it's not Donkey Kong Sandler needs to battle, but audience apathy. A string of box office flops, controversies and terrible reviews — critic Liam Maguren was so horrified by Sandler's 2011 "comedy" Jack and Jill he wrote, "Burn this. This cannot be seen. By anyone" — have threatened to torpedo his career.

Even his own studio seemed to have turned against him. In last year's Sony email hack, one employee complained, "we continue to be saddled with the mundane, formulaic Adam Sandler films."

Movies like Billy Madison, Happy Gilmour and Big Daddy were hits that established his persona as the angry but sweet everyman, a misfit character he trotted out for two decades. Occasionally he'd get serious in pictures like Punch-Drunk Love or Reign Over Me and soak up some good reviews, but by and large, the Sandleronian oeuvre has been ripe with anger management issues and jokes of ... how to put this delicately: a gastrointestinal nature. Not highbrow, but that's OK — not everything has to be Noel Coward — as long as audiences care.

But at some point, it seemed they stopped caring.

Perhaps it was the inconsistent nature of his movies. Just when you think he's turned a corner with the excellent Reign Over Me into interesting adult roles he slaps you in the face with the zero-star rated follow-up I Now Pronounce You Chuck and Larry.

Or maybe it's quality control issues. Last year Kevin Nealon told me about being offered a role in the Sandler-produced Grandma's Boy.

"It was so lowball and crass," said Nealon. "I thought it might be a little embarrassing to be in that one. So I told Sandler I'd probably pass on it and he called me and said, 'I really hope you do this because if you don't do it and it's a big hit I'll feel bad, but if you do it and it's not a big hit, no one is going to see it anyway.'"

That attitude may be realistic but it doesn't exactly speak to high standards. More than that, however, is the static nature of Sandler's comedy. His everyman character hasn't changed much throughout the years. Usually these days he lives in nicer houses or has more money but it's the same old shtick.

The old saying, "He got bigger, but didn't grow up," perfectly applies to Sandler.

He may have matured (chronologically at least) but the urination gags and rageaholic jokes that characterize his comedy haven't.

We don't need to feel sorry for Adam Sandler. He has movies in the pipeline and a new deal with Netflix, but Pixels is still an important moment for him. Rolling Stone called his last film, The Cobbler, "beyond awful and beyond repair," and it went on to become his biggest flop to date.

If Pixels is a hit, and it may be, the trailer generated 34.3 million views worldwide in its first 24 hours online, he will be redeemed — at least until his next movie's new round of toilet humour and cleavage shots.

MOVIE RATINGS by Richard Crouse

Paper Towns ★★★
Irrational Man ★
American Heist ★★

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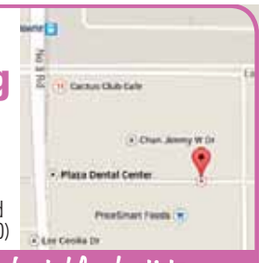

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THE TV DINNER JESSICA ALLEN

Journalist A.J. Liebling's best prose was about boxing, a subject so brutal that it's perplexing how he wrote so prolifically on it

I watched the trailer for Southpaw, which hits theatres July 24, the day it was released because I've never met a boxing movie I didn't like. And because the trailer reveals the tragedy that afflicts boxing champion Billy "The Great" Hope (Jake Gyllenhaal), I feel I can reveal the spoiler too: his wife (Rachel McAdams) dies and Billy loses his title, his family, his wealth — everything.

You know what that means: Billy must clobber his way back to the top. That includes a prerequisite training montage. They're my favourite, especially the sequences from the first four Rocky films (I haven't seen V through XXXV.) The first three, which I studied via VHS tapes as a kid, use the same theme song. But Rocky IV's montage is set to a different tune. While Balboa's Russian opponent Drago runs on a futuristic treadmill flashing with lights and lasers, Rocky climbs a snow-covered mountain — a mountain! — then shouts "Drago!" from the top. If that's not good movie making, I don't know what is.

My colleague and friend Lainey likes Rocky IV best. On a recent afternoon in her office, she recited from memory Rocky's soliloquy after he defeats Drago on his Siberian home turf: "If I can change, and you can change, everybody can change!" she yelled triumphantly. "Basically, Rocky conquers communism. He ends the Cold War," Lainey said. "It's a perfect movie!"

Lainey writes about gossip and no doubt she'd notice her name drop. But I'm not interested in connecting myself to celebrity (actually, Rachel McAdams went to my high school, but whatever): I'm interested in the food Lainey eats. Because although gossip is central to the human experience, food informs it.

THE MOVIE: Southpaw

THE MEAL: 'Beef and tomato'

We've been sharing lunch duties since January. The first time I tried her "beef and tomato" — marinated flank steak sliced impossibly thin, stewed tomatoes, bok choy and King mushrooms served over rice — it was like a punch to my solar plexus: it took my breathe away.

It's a dish she grew up eating. Nothing fancy, she told me. Maybe every family has one — a dish that you've had a thousand times but never tire of. A dish filled with meaning and memory.

Journalist A.J. Liebling wrote beautifully about food and memory. But his best prose was about boxing, a subject so brutal that it's perplexing how he wrote so prolifically on it — and how it's so profoundly about the human experience.

"To write about boxing is to write about oneself," Joyce Carol Oates, whose father took her to see matches as a child, said, "however elliptically, and unintentionally."

It's no wonder I love both Liebling and Carol Oates' writing because the writing you love, whether it's about food or sports, is often about love itself. And no wonder that the food that's dearest to you is the sort you want to share with the people you love most.

Lainey has promised that one day she'll teach me how to make her "beef and tomato." Part of me never wants to learn. That way she'll have to keep making it for me, forever.

Jessica Allen is the digital correspondent on CTV's The Social.

MOVIE NEWS

Amy Poehler to play NBA basketball coach

Actress and comedian Amy Poehler is set to produce and star in an upcoming comedy in which she'll take the role of a basketball coach with a chance for glory.

Currently lending her voice to Pixar's Inside Out in the role of Joy, Poehler wrapped up a seven-season run as the star of Parks and Recreation earlier this year.

Her new project will see the actress play a basketball coach whose career has fizzled out when she is called on to lead an NBA team, according to Variety.

Ike Barinholtz (The Mindy Project) will appear in the film and is also co-writing the script with David Stassen.

Poehler is next set to star in Sisters with Barinholtz and Tina Fey. AFP

Amy Poehler AFP

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Now playing

ANIMATION, COMEDY

Pixels

Director: Chris Columbus, Starring: Adam Sandler, Peter Dinklage, Kevin James, Josh Gad

As kids in the 1980s, Sam Brenner, Will Cooper, Ludlow Lamonsoff, and Eddie "The Fire Blaster" Plant saved the world thousands of times — at 25 cents a game in the video arcades. Now, they're going to have to do it for real.

ROTTEN TOMATOES™ SCORE

Critics: 10% Audience: 89%

DRAMA

Paper Towns

Director: Jake Schreier Starring: Cara Delevingne, Nat Wolff

Adapted from the bestselling novel by author John Green (The Fault in Our Stars), Paper Towns is a coming-of-age story centring on Quentin and his enigmatic neighbour Margo, who loved mysteries so much she became one.

ROTTEN TOMATOES™ SCORE

Critics: 73% Audience: 95%

DRAMA

Southpaw

Director: Antoine Fuqua Starring: Jake Gyllenhaal, Rachel McAdams

Billy Hope seemingly has it all with an impressive career, a beautiful and loving wife, an adorable daughter and a lavish lifestyle. When tragedy strikes and his lifelong manager and friend (Curtis "50 Cent" Jackson) leaves him behind, Hope hits rock bottom and turns to an unlikely saviour at a run-down local gym.

ROTTEN TOMATOES™ SCORE

Critics: 50% Audience: 78%

DRAMA

Irrational Man

Director: Woody Allen Starring: Joaquin Phoenix

When a burned-out, brilliant professor takes a job at a small college, everyone there is abuzz. He becomes involved with a teacher as well as a precocious student, but it takes a dramatic, existential act to turn his life around and make him see the world through a more positive perspective.

ROTTEN TOMATOES™ SCORE

Critics: 42% Audience: 83%

DOCUMENTARY

The Look of Silence

Director: Joshua Oppenheimer

Through Joshua Oppenheimer's work filming perpetrators of the Indonesian genocide, a family of survivors discovers how their son was murdered — and the identity of the men who murdered him. The killers live just down the road, and have been in power ever since the genocide.

ROTTEN TOMATOES™ SCORE

Critics: 96% Audience: 94%

ACTION & ADVENTURE

Ant-Man

Director: Peyton Reed Starring: Paul Rudd, Michael Douglas

Armed with the astonishing ability to shrink in scale but increase in strength, master thief Scott Lang must embrace his inner-hero and help his mentor, Dr. Hank Pym, protect the secret behind his spectacular Ant-Man suit from a new generation of threats. The next evolution of the Marvel Cinematic Universe.

ROTTEN TOMATOES™ SCORE

Critics: 79% Audience: 92%

Cobie delivers

INTERVIEW

HIMYM actor stars in new film about an unplanned pregnancy

Matt Prigge
Metro in New York City

Since her nine-year stint on How I Met Your Mother ended, actress Cobie Smulders has divvied her time between Marvel business — she's played S.H.I.E.L.D. biggie Maria Hill in four projects so far — and indies.

Earlier this season she cussed up a storm in Andrew Bujalski's fitness-centred Results. In Unexpected she's only slightly less grouchy as a young teacher who accidentally gets knocked up. Her crankiness over her changing body, coupled with the anxiety over trying to keep her career going, dovetails with her friendship with a low-income student (Gail Bean) who's also expecting.

Metro catches up with Smulders to talk about Canada and portrayals of pregnancy in film.

This movie is very frank about what pregnancy is like for women. Do you feel other films have captured that?

None of them have gotten it right until now (laughs)! I mean, even in ours it's hard not to rely on the comedic elements of a movie dealing with pregnancy: the labour, the Lamaze breathing, the pregnancy cravings. I just don't think we've seen a woman deal with the fact that she has to stop working, or feel like she's losing her identity through pregnancy.

In America, at least, there's still a fight to get more maternal leave, or at least keep it at what it is.

I hope we can get to a place in our society where every job and every workforce is understanding towards having a family — that a woman has to take a break and that a man does, too.

Smulders plays a reluctant mother-to-be in Unexpected. GETTY IMAGES

Growing up in Canada we have paternity leave, which is amazing, as well as a healthy maternity leave. In this industry I've been lucky. You are self-employed. I love checking that box whenever I'm filling out a government form.

Do you feel your long history in TV has helped you deal with indies, their long days and limited resources?

Well, no. I feel I was very spoiled with How I Met Your Mother, because it's a sitcom. By the end of it, we were only working a couple of days a week. We were such a well-oiled machine at that point that we'd bang out 20 to 30 pages of script a day like it was nothing.

I'm very good at memorizing lines now. Now in films you're at the mercy of locations and times and all that. But it makes things interesting.

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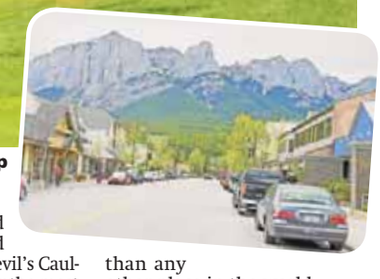
Antarctica in 8 days: Quark Expeditions offering shorter itineraries for time-pressed travellers

Tee time in the Bow Valley

ALBERTA

Nature on full display for golfers in Canmore

Brian Kendall
canadiangolftraveller.com



The ninth hole on Silvertip Golf Course. The course features glacial ponds and forest-lined freeways, as well as cliff-top tee shots. At right, the view from Canmore's Main Street, with the Rocky Mountains in the background. ISTOCK

For years Canmore was one of the best kept secrets in the Rocky Mountains: a town with the same spectacular scenery as nearby Banff, but hipper, friendlier and more affordable.

Located just outside the gates of Banff National Park, 104 kilometres west of Calgary, Canmore is an ideal home base for a mountain golf holiday. But also budget time between rounds for hiking, kayaking, rafting and the other summer activities that annually help draw more than a million overnight visitors to the rapidly growing community of 13,000.

Two of Canada's most dramatically scenic golf courses have been carved through the Bow Valley corridor minutes from Canmore's lively downtown.

At Stewart Creek Golf and Country Club, golfers are treated to a thrill ride of elevation changes on a Gary Browning-designed layout set in the shadow of the Three Sisters, an awe-inspiring three-peak massif.

Silvertip Golf Course, on the opposite side of the corridor, is just as thrilling. Glacial ponds and forest-lined fairways define a design by Canmore-based architect Les Furber that includes several cliff-top tee shots.

And right in town is Canmore Golf and Curling Club. This older, classically designed layout offers many of the same mountain golf experiences found at higher-profile Stewart Creek and Silvertip — mountain vistas, forests of towering fir trees, a meandering glacial river — at about half the cost.

But the biggest draw for golfers is the Banff Springs Golf Course, just inside the park's gates in the alpine town world-renowned for both its beauty and the iconic Fairmont Banff Springs Hotel.

In the valley below the 764-room Castle in the Mountains, legendary Canadian architect Stanley Thompson built the first course anywhere to cost more than $1 million. Opened in 1929, the Banff Springs has long been included in virtually every ranking of the game's leading layouts, and its most celebrated hole, the par-three Devil's Cauldron, numbers among the most photographed in golf.

Visitors often make the mistake of neglecting Canmore in favour of glitzier Banff. But Canmore is equally beguiling in its own unpretentious way. Pubs, coffee shops, boutiques and art galleries line the streets of a town that is said to be home to more Olympic athletes than any other place in the world.

Towering over the community are the magnificent peaks of the Rundle Mountain Range. The fast-rushing Bow River snakes through Canmore's heart, while a network of wildlife corridors and trails spreads out in every direction.

It's a setting perhaps unsurpassed in the West.

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The Giants' Madison Bumgarner had the top-selling jersey during the first half of 2015

IN BRIEF

Zunino, Mariners tame Tigers in extra innings

Mike Zunino's RBI double in the top of the 12th inning gave the Seattle Mariners a 3-2 win over the Detroit Tigers on Thursday.

Chris Taylor started the 12th with a single off Ian Krol (1-3), and Zunino tried to bunt him to second. After two failed attempts, Zunino doubled down the left-field line. Yoenis Cespedes misread the bounce off the fence, allowing Taylor to score the go-ahead run.

Tom Wilhelmsen pitched the bottom of the 12th for his first save of the season after Fernando Rodney (3-4) threw a scoreless 11th.

THE ASSOCIATED PRESS

Blue Jays' big bats back strong Dickey outing

Russell Martin homered, doubled and drove in three runs, Josh Donaldson went deep against his former team and the Toronto Blue Jays powered past the Oakland Athletics 5-2 on Thursday.

The Blue Jays continued their pop at the plate to give knuckleballer R.A. Dickey (4-10) all the support he needed. Dickey allowed two runs and five hits in 8-1/3 innings.

THE ASSOCIATED PRESS

R.A. Dickey
THE ASSOCIATED PRESS

Lions look to maintain momentum vs. Argos

CFL

B.C. is off to a 2-1 start with QB Lulay healthy again

Cam Tucker
Metro | Vancouver

So far, you'd have to think so good for the B.C. Lions.

After such an off-season of change in the coaching department and a younger roster compared to years past, not only do they have a winning record through three games — keep in mind the season is still in its infancy — but also they've received strong performances from their veteran players.

Travis Lulay has already recorded a 400-yard passing game this season, which came in the Leos' first win. The dramatic comeback overtime victory at BC Place Stadium could be the launching point for bigger things to come.

After hitting that feat, Lulay followed it up with 100 yards rushing the following weekend, as the Leos went over the .500 mark so early on.

Lulay and running back Andrew Harris are healthy and the Leos certainly missed both players, their skill and leadership, toward the end of last season. You can instantly tell how much better B.C.'s offence can be when both are in the lineup.

After beating Saskatchewan twice in the span of seven days, the Lions now face the Toronto Argonauts and fourth-year quarterback Trevor Harris at BC Place Stadium on Friday.

Ricky Ray is still on the six-game injured list.

But for all the good the Lions have managed to achieve so far under coach Jeff Tedford, they remain a work in progress.

After recording a 404-yard passing game against the Roughriders in Week 3, Lions quarterback Travis Lulay used his legs in Week 4, rushing for 105 yards for a second straight win over Saskatchewan. MARK TAYLOR/THE CANADIAN PRESS

107.1

Lulay carries a quarterback rating of 107.1 into Friday's game. He has thrown for 785 yards with six touchdowns and one interception.

Again, it's early in the season.

Despite winning the last two games, the Lions defence has given up more than 938 yards when on the field against Saskatchewan, and 328 yards of rushing.

The Leos reduced the number of penalties taken almost in half from Week 3 to Week 4, although it's likely another area they're still not completely satisfied with.

For all the areas of the game the Lions see room for improvement, they're off to as good a start as one can hope after what they went through last November and the change that ushered in.

They can improve on it even more against the Argos.

MLS

Whitecaps aware of how difficult Western Conference is

Major League Soccer's Western Conference standings are already tight enough, and could tighten even more by the end of the weekend.

The Vancouver Whitecaps host the San Jose Earthquakes at BC Place Stadium on Sunday, with three valuable points at stake. The top six teams in the conference are separated by only three points as of Thursday afternoon and the Whitecaps sat third.

Their opponent this weekend is on the outside of the current bubble, in eighth place. But a San Jose win could get it as close as four points from sixth, while the Whitecaps could find themselves in the final post-season spot with a loss at home, and wins from Portland, Seattle and Sporting Kansas City.

> **Every game is huge, especially Western Conference battles.**
> Jordan Harvey

The picture of the West standings is a familiar one for the Whitecaps. They're reminded of it pretty much on a daily basis.

"I don't think we ignore it. We check it out frequently. We have it up in our lounge so we see it every day," said veteran left back Jordan Harvey, who will not be available after getting a red card last weekend against the Timbers.

"It's a reminder that it's real. Every game is huge, especially Western Conference battles."

As Harvey pointed out following a training session this week at UBC, the last-place team in the West — the Colorado Rapids with 24 points — would actually be tied in points with Orlando City SC, which holds the final playoff spot in the East.

"Western Conference is very tough so we need to take these next few games very seriously."

CAM TUCKER/METRO

Reaching a new golden high

PAN AM 2015

Canada breaks its previous record of 64 gold medals

Damian Warner set a Canadian record in the decathlon on Thursday, while Canada set a national record for gold medals won at the Pan American Games.

The 25-year-old Warner from London, Ont., won the decathlon in the 13th day of competition, in the process breaking Michael Smith's 19-year-old Canadian record.

Warner scored 8,659 points. Smith's mark was 8,626.

He needed to run four minutes 29 seconds in the decathlon's final event, the 1,500 metres, to break the record, and ran 4:24.73.

Warner took a healthy lead into the 1,500 after recording personal bests in the 100 metres, long jump and discus in the two-day event.

Earlier, water-skier Whitney McClintock took first place in the women's slalom event — her second top finish of these Games — to give Canada 65 gold medals in total up to that point. The previous record of 64 was set in Winnipeg in 1999.

"This is great, I'm a happy girl," McClintock said. "I've got the two (medals) I came for already. The rest are a bonus."

McClintock, who won gold Wednesday in the overall competition, finished first in the six-skier slalom field to kick off a six-medal Thursday for Canadian water-skiers. Ryan Dodd capped the effort with a gold medal in the men's jump competition on a warm, sunny afternoon on the waterfront.

Damian Warner celebrates with fans after winning the decathlon on Thursday. FRANK GUNN/THE CANADIAN PRESS

McClintock, from Cambridge, Ont., later added silver medals in the tricks and jump finals and her brother Jason won silver in the men's slalom.

"Unfortunately I wasn't able to get as warm as I needed to and I just kind of stuck," Jason McClintock said.

In the men's tricks, Jaret Llewellyn of Innisfail, Alta., won silver with 10,550 points. American Adam Pickos won gold with 11,110.

Later in the day, Canada earned the gold medal in the team equestrian competition.

4

Whitney McClintock won a total of four medals — two gold, two silver

The Canadians finished the two-round competition with seven faults, one less than Argentina. The U.S. earned the bronze with 12 faults.

The Canadian team consisted of Tiffany Foster of North Vancouver, B.C., 2008 Olympic champion Eric Lamaze of Schomberg, Ont., Yann Candele of Caledon, Ont., and Ian Millar of Perth, Ont., who's making his 10th consecutive Pan Am appearance.

Also, the Canadian men's sabre team won a fencing silver medal after dropping a 45-37 decision to the United States in the final.

Shaul Gordon from Richmond, B.C., Toronto's Mark Peros and Montreal's Joseph Polossifakis made up the Canadian squad, which edged Venezuela to reach the gold-medal match.

Lanni Marchant, the Canadian record-holder in the marathon, raced to a bronze medal in the women's 10,000 metres, crossing in 32 minutes 46.03 seconds.

Andre De Grasse, meanwhile, finished third in his 200 semi-final — his fifth run of the Pan Am Games. The 20-year-old from Markham, Ont., crossed in 20.12 seconds, a night after he won the 100-metre title.

In team sports Thursday night, Canada used a balanced attack to defeat Mexico 96-76 and move within one win of a first ever medal in Pan American Games men's basketball play.

Canada (3-0) went into the game having already secured a semifinal berth and knowing it had won Pool B barring a total collapse against the Mexicans (1-2). Argentina's earlier 80-70 win over the Dominican Republic left both teams at 1-2 and unable to catch Canada in the pool.

Canada's men's field hockey team earned a spot at the 2016 Olympics with a 5-4 win over Brazil in Thursday's semifinal.

Canada will now play Argentina in Saturday's gold-medal game.

THE CANADIAN PRESS

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SEASONED VETERAN

Water-skier Llewellyn still making waves at 45

Jaret Llewellyn will turn 45 next week and he just won two medals in Pan Am Games water-skiing, competing against the best in the world, all of them about half his age or younger.

So what's an elder statesman doing — surviving — in a sport that should be a young person's game?

"I've been lucky," said the native of Innisfail, Alta. "At a young age, when I started, the top athletes didn't take it as serious as they do today, so I grew up like that and that's why I lasted so long ... no one else has lasted as long as I have,"

Llewellyn took silver in the men's tricks competition Thursday, and narrowly missed a bronze after posting the same distance as Chile's Felipe Miranda in men's jumping. On Wednesday, he earned a silver in the men's overall competition.

Jaret Llewellyn
THE CANADIAN PRESS

Llewellyn is a Canadian sports icon, and his impact was felt by competitors.

"He was on the national team before I was born," said Whitney McClintock. "Everyone on our team, everyone competing here for Canada, Jaret's coached them at some point in their lives. He's someone I always look up to."

After his silver in tricks, Llewellyn posted a jump of 59.9 metres, exactly the same distance as Miranda. Under Pan Am guidelines, though, the tie-breaker goes to the skier who had the better results in the preliminary rounds, which handed Miranda the bronze and left Llewellyn with a bit of a bitter taste in his mouth.

"For a medal, I don't like it as a tiebreaker ... on the day of the competition you shouldn't go back to the preliminaries. I don't think its right, but that's the rules," said Llewellyn, who watched Miranda and brother Rodrigo take bronze and silver, just behind Ryan Dodd's gold medal effort of 64 metres.

TORSTAR NEWS SERVICE

Lou goes to Leafs

NHL

Leafs hire longtime Devils boss as new GM

Brendan Shanahan's new-school Toronto Maple Leafs front office built on his philosophy of differing viewpoints has a new voice, and this one comes with some 30 years of NHL experience.

Shanahan, who's a year into his duties as team president, believes new general manager Lou Lamoriello "will fit in very, very well and be an incredible boost" to what the Leafs are trying to accomplish. Shanahan went looking for experience to join Kyle Dubas, Mark Hunter and Brandon Pridham in management, and no one has more than Lamoriello.

"If I could map out or draw out a description of the kind of person that we wanted, it would be Lou," Shanahan told a news conference Thursday. "I've always thought that there are certain advantages to hiring people on their way up that are looking to prove themselves and have that sort of hunger and energy to make a name for themselves. But I do think that we were lacking in some experience."

In charge of the New Jersey Devils since 1987, the 72-year-old Lamoriello was the longest-serving GM in NHL history. Along the way, his teams won the Stanley Cup three times, a pedigree he brings to the Leafs, who are trying to build a championship contender.

Lamoriello becomes the old-school GM working under the Hall of Fame player and overseeing assistants Hunter, Dubas and Pridham, also NHL management rookies. He'll also work with coach Mike Babcock, who's signed for eight years and $50 million US and has committed to a long-range plan for success.

"Brendan's hired some very good people kind of a little bit on an entry level, at the levels they are coming into the league," said Pittsburgh Penguins GM Jim Rutherford, who made a similar transition last year leaving the Carolina Hurricanes. "To add an experienced guy like Lou, I think it was very smart on the Leafs' part, and it'll be a good fit."

Lamoriello's comfortable fit for the past 28 years was gripping the reins of the Devils and asserting just about total control. New Jersey was his team until Ray Shero took over as GM in May, leaving Lamoriello as team president.

"I think this benefits everyone," Shero said. "He's a pretty amazing person, and he's in the Hall of Fame for a reason. They're going to find that out."

Although Lamoriello said he was told he'd have autonomy as GM, Shanahan made it clear in conversations "the kind of environment and organization" of collaboration he was building. Lamoriello is OK with Shanahan not wearing a tie to work every day and might have to let Hunter keep his facial hair, and he's fine with sharing decision-making responsibilities.

"No one makes any decision without consulting the people that are around them and their supporting staff," Lamoriello said. "Everybody works together. They don't work for each other. Everybody will be part of every process."

Shanahan is still setting the vision, but now it's Lamoriello's job to execute it. THE CANADIAN PRESS

Brendan Shanahan and Lou Lamoriello speak to reporters in Toronto on Thursday.
GALIT RODAN/THE CANADIAN PRESS

1987

Lamoriello has a relationship with the Leafs' president dating to 1987, when he drafted Shanahan.

> **I think having Lou in the organization is an opportunity for him to mentor us all.**
> Brendan Shanahan

IN BRIEF

Brady deal met with 'silence': Union
The players' union proposed a settlement on Tom Brady's four-game suspension last week that was "met with silence" by the NFL, a person familiar with the proposal told The Associated Press.

Media reports indicated the union's proposal called for Brady paying a large fine, but no suspension. The Patriots paid a record $1 million fine and were stripped of two draft picks, including a No. 1 selection. THE ASSOCIATED PRESS

Bayern close in on Vidal
Bayern Munich says it's close to signing Chile midfielder Arturo Vidal from Italian champion Juventus. Chairman Karl-Heinz Rummenigge said during a trip to China on Thursday that Bayern has agreed terms with both Juventus and Vidal. THE ASSOCIATED PRESS

Blatter's FIFA career winds down
Sepp Blatter left the security of Switzerland for the first time in two months on Thursday, arriving for the 2018 World Cup qualifying draw, with Russia saying that communication with FIFA has been disrupted by the corruption crisis.

Blatter will no longer be FIFA president by the time of the 2018 World Cup in Russia, with the 79-year-old Swiss due to leave office in seven months after almost 18 years in power. THE ASSOCIATED PRESS

Ko makes quarter-finals
Canada's Naomi Ko won two matches Thursday in the U.S. Girls' Junior to advance to the quarterfinals at Tulsa Country Club.

The 17-year-old Ko, from Victoria, British Columbia, beat stroke-play medallist Megan Khang of Rockland, Massachusetts, 1 up in the round of 32, and topped Alyaa Abdulghany of Newport Beach, California, 2 and 1 in the afternoon round of 16.

"It was a big confidence-booster," Ko said about the victory over Khang. THE ASSOCIATED PRESS

'HUMAN RIGHTS MEDAL'

Tewksbury thanks early-career backers

Swimming legend Mark Tewksbury says it's only fitting that he present his gold medal from the 1992 Olympic Games to the Canadian Museum for Human Rights in Winnipeg.

Tewksbury says he couldn't have won the 100-metre backstroke in Barcelona if he hadn't had the support of people who knew he was gay.

He says that support was particularly important because it came at a time when it wasn't OK to be open about homosexuality.

Tewksbury, who came out publicly in 1998, says he felt unsafe doing so before then.

He has since become an advocate for the rights of athletes of all sexual orientations and gender identities.

His medal will be part of a new exhibition at the human rights museum that explores the power of sport to inspire positive change.

"I've always said for me that medal is a human rights medal," Tewksbury said Thursday. "It was done because someone created a space for me to be me."

Mark Tewksbury THE CANADIAN PRESS

The Calgary swimmer recalled the days leading up to the 1992 Games and how he began to feel it was time to be more open about being gay. He turned to his technical swim coach Debbie Muir.

"I'll never forget being at a restaurant downtown. The moment had come. I said, 'Debbie, I have to tell you something.'

"I said the words. I said, 'I'm gay.' And she welled up with tears. She said, 'I can't imagine how hard it's been for you all these years. Know that you have someone 1,000 per cent behind you."

Tewksbury says sharing it with someone was such a relief that it gave him a boost at the Games.

"I owned it. I was totally empowered. And I went out there, set a personal record and won the gold medal." THE CANADIAN PRESS

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Watermelon is at its best this time of year. With a sweet, natural flavour, it's like nature's candy! To pick the best tasting melon, the watermelon should feel heavy for its size. Look for the yellow creamy spot on one end, which means it's ripe.

Serves 4

Ready in
Prep time: 15 minutes

Ingredients
- 4 cups diced watermelon
- 1 cup thinly sliced baby cucumber, cut into half moons
- 1/2 cup thinly sliced red onions
- 1/4 cup chopped mint or basil
- 3 Tbsp toasted chopped cashews
- 1 oz crumbled goat cheese
- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- Salt and pepper

Directions
1. On a serving plate, add watermelon and cucumber. Garnish with onions, mint, cashews and goat cheese.

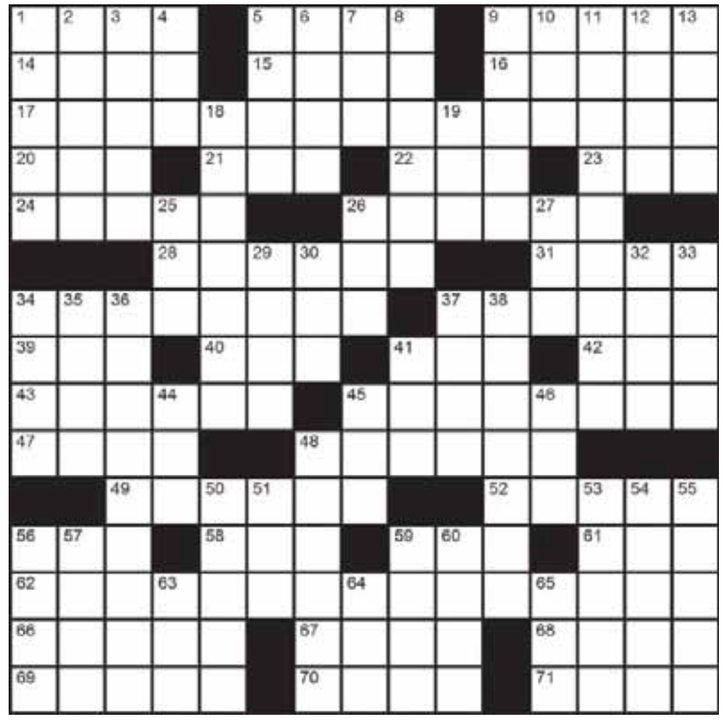
2. In a bowl, mix oil, juice and salt and pepper. Pour over salad and toss gently.

Nutrition per serving
- Calories 180
- Protein 3 g
- Carbohydrates 18 g
- Fibre 2 g
- Total fat 12 g
- Saturated fat 3 g
- Cholesterol 5 mg
- Sodium 85 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Outperform
5. Serving-of-cereal holder
9. Essential
14. "Barbie Girl" band
15. Merle Haggard's "__ from Muskogee"
16. Spookily strange
17. Vancouver Island: Flowery attraction in Brentwood Bay, a National Historic Site of Canada: 2 wds.
20. Breathed-in stuff
21. Miley Cyrus song: "Party in the _-_-_"
22. '_' __ in Alberta
23. Richard Burton's wife, twice ...her initials-sharers
24. Fights
26. Greece's capital
28. Edmonton CFL player
31. Vintage muscle cars
34. Rock star's date unsurprisingly: 2 wds.
37. Quantity
39. Angelina Jolie title role
40. Irish actor Stephen
41. Monk's title
42. __ periculo (At my own risk, in Latin)
43. Music storage container: 2 letters + wd.
45. Jake Gyllenhaal's new boxer movie
47. Slangy sure
48. Hinder
49. Delicate
52. "No way."
56. Teeth doc's org.
58. Rocky hill
59. Stockholm's country [abbr.]
61. Yoko's surname
62. 1966 hit for partially-Canadian band The Lovin' Spoonful: 4 wds.
66. Manner of speaking
67. Have supper
68. There's none in a power failure, for short
69. Accomplishments
70. Simple
71. Weight allowance

DOWN
1. Rum cakes
2. Rig out
3. Kama __ (Record label the band at #62-Across was on)
4. Tic-Toe link
5. Feathery accessories
6. Pod vegetable
7. Stand-up's asset
8. Smoothly, in music terminology
9. Poetry
10. Roadside mil. hazard
11. Nature's stool in the forest: 2 wds.
12. "It __ Me Babe" by The Turtles
13. Fewer
18. Fancily uniformed cavalrymen of 15th-century Hungary
19. Ooh's pal
25. __ room (Basement)
26. Comic actress Ms. Poehler
27. Stop-_-__
29. Human hinge
30. Apple variety, __ Red
32. Vitamins brand, __ _ Day
33. Pack away
34. 'A' in CIA [abbr.]
35. Amusement park feature
36. Nut variety
37. Sort of lily
38. Daytime theatrical performance
41. Sainte-__ (Quebec City sector)
44. "Bingo!"
45. Pen
46. "__ Haw"
48. Footstep
50. 12 __ or Less (Express checkout sign)
51. __'easter
53. "There you have it!"
54. Enroll
55. Rolls-__ (Posh car)
56. "Like, that'll ever happen.": 2 wds.
57. Guy
59. RR depots
60. Curds and __
63. Clever comment
64. Ms. Vardalos
65. This: French

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
What are your limits? How far can you push yourself? These are the sort of questions you will be asking today and over the weekend. The answers depend entirely on you. Nothing is beyond you if you want it enough.

Taurus April 21 - May 21
Resist the urge to criticize today, especially on the domestic front. It would be nice if everyone were as laidback as you but they're not, so make allowances.

Gemini May 22 - June 21
You may be free to come and go but you are reluctant to head off into the unknown. Your horizons have been limited for too long. Freedom means nothing unless you have courage.

Cancer June 22 - July 23
Take care that, in your attempts to impress someone new, you don't spend more than you can afford. You need to get both your emotional and material priorities right.

Leo July 24 - Aug. 23
As your confidence returns so does your tendency to take risks and that could be dangerous. Your head may be in the clouds but keep your feet on the ground.

Virgo Aug. 24 - Sept. 23
You will want to be by yourself over the next few days. Others may find that hard to accept but you must not allow them to persuade you to go places and do things that you would rather avoid.

Libra Sept. 24 - Oct. 23
You will go all out for glory today. There's a good chance you'll upset those who prefer the status quo. You are under no obligation to play down your ambitions just to please them.

Scorpio Oct. 24 - Nov. 22
Now that the sun is moving through the career area of your chart you will aim higher than before. You will face a lot of challenges but you will never doubt that you have what it takes.

Sagittarius Nov. 23 - Dec. 21
The sun in Leo will encourage you to think in new ways. It won't be long until you realize what you've been missing over the years. A slight shift in awareness will lead to major changes in your philosophy of life.

Capricorn Dec. 22 - Jan. 20
The time has come to confront your demons. Don't be afraid to probe into areas of your mind that you would normally avoid. Don't be afraid to question your real motives. Don't be afraid to confront your true self.

Aquarius Jan. 21 - Feb. 19
If you try to put one over on partners and colleagues they will see through your tactics and turn them against you. You must be open and honest.

Pisces
Feb. 20 - March 20
You have only yourself to blame for allowing people to take advantage of you. Look seriously at what you do for other people — then start doing less.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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